

LIFE AND WORK OF EMMANUEL UNITED CHURCH NOVEMBER 2025



Photo Credit: Emma Dowd

December Issue Submission Deadline:
November 24, 2025

Welcome to Emmanuel United Church

INCLUSIVE • COMPASSIONATE • JUSTICE SEEKING • WELCOMING ALL

Welcome to Emmanuel United Church, where the church is the body of Christ with each member having unique gifts to share and a ministry to offer. We invite you to come and visit, to worship, to join in our fellowship, to participate in our many activities, and to enrich your faith. As an affirming church, we welcome everyone.

We recognize the Algonquin Nation, on whose traditional unceded territory Emmanuel United Church is located. We gratefully acknowledge them as past, present and future stewards of this land.

**691 Smyth Road,
Ottawa, ON K1G 1N7
Website: www.emmanuelunited.ca
Telephone: 613-733-0437**

Sunday Worship at 10:00 AM

**Office Hours: Monday – Thursday
9:00 am-4:30 pm**

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For Information on any of our church activities, please call or email the office and check out our website - the upcoming events and good to know sections of the homepage host excellent content; get to know us even better by exploring more!

In Memoriam

***Nanette Whitwam,
October 3, 2025***

***Thank you to all those who made
donations to the Memorial Fund,
in honour of a loved one or friend.***

***Blessed are those who mourn,
For they shall be comforted.
Matthew 5:4***

NOTICE OF FUNERAL PLANNING SERVICES

Funeral Planning Services,

If you have ideas for your funeral service, ranging from a full plan to a request that a specific hymn be played - *or not played*, consider having your wishes documented and filed by the Office. When the time comes that they are needed, your family will have your notes to guide them; your hand will shape the service we prepare.

If it would be of comfort to you and your loved ones, please know that our Minister, Pastoral Care Team, Office Staff, and Funeral Coordinators are all happy to assist you however best suits your needs.

Sincerely,

Emma Dowd,
Office Administrator

NOTICE FOR WINTER DEADLINES:

Our holiday season is incredibly busy, and we appreciate all the time that our congregants give to the community. It is your participation and engagement that makes Emmanuel the welcoming, Affirming, active, and engaged community it is.

I encourage contributors to take some time to think ahead and plan for the busy winter season packets and the Annual Report.

December Packet: due November 24

January Packet: due December 15

February Packet: due January 19

The **Annual Meeting** is February 22, and reports are due February 2nd. Finance reports are due on February 9th. Committees and Groups submitting to the Annual Report are asked to limit their content to a max of 350 words whenever possible.

ACTIVITIES & GROUPS

Book Club ~ On Monday, November 10, there will be a discussion of *Clear: A Novel* by Carys Davies. The meeting will be held on Zoom. The **Book Club** schedule is available on the bulletin board in the library as well as on the website on the Activities page. If you happen to have read any of these books, please consider joining in for the discussion!

The **Emmanuel's Men's Group** meets monthly for Breakfast from 8:30-10:30 am at Roger's Italian Bistro, at 500 Terminal Ave. The upcoming dates are November 8, December 13, January 10, & February 14.

Monday Night Christian Meditation Group

“The kingdom of God is among you” (Luke 17:21)

“The search in our tradition is conducted in stillness, in silence, and with discipline. The search is not in the first place an elaboration of concepts. It is not in the first place an intellectual penetration of the mystery. In the first place the search is conducted simply by allowing ourselves to be.” – John Main OSB

The meditation group meets on Monday evening for an hour starting at 7:00pm on Zoom. There is 25 minutes of silent meditation, a talk or video presentation, and a time for sharing. For further information and a zoom link, please contact Evelyn Perkins (perkeve@hotmail.com).

Grocery Card Sales: Cards will be available for purchase on November 23rd after the service. The grocery store partners pay OMRA between 4% and 5% of the value of the grocery cards. OMRA uses the funds to subsidize rents for refugee housing.

The Thursday Morning Discussion Group (‘Heretics’)

The Thursday Morning Discussion Group is currently using *Faith as Protest: Answering the Call to Mend the World* by the Rev. Dr. Karen Hamilton as a springboard for discussions. This book is available for use in the church library. The planned topics are:

Oct 30 – The Climate Crisis.

Nov 6 – Refugees

Nov 13 – Racism

Nov 20 – Anti-semitism

Nov 27 – Human Trafficking

Dec 9 – Genocide

These are all heavy topics, but never fear, our conversations are always lively. It's a safe space to give voice to try out new, even controversial, thoughts. We question everything. Hence the name: **'Heretics'**.

We meet at 10:00 a.m. on Thursday mornings on Zoom, and there's always room for more. Please contact the church office, Evelyn Perkins (perkeve@hotmail.com) or any member of Heretics for further information or a Zoom invitation.



Food Bank Sunday and Monday

It's that time again. Time to think about donating to the Rideau Rockcliffe Community Resource Centre food bank. Think about those at Christmas who may not have the ability to celebrate

Feel free to drop contributions in the food bank collection box on or before Sunday November 23rd. Reusable grocery bags continue to be welcome.

You can drop off donations to the church on Nov 24th between **2:00 to 3:00 PM**. We love the company!

Size 3T, 4T, and 5T diapers and feminine supplies are especially appreciated. As is coffee. Egg boxes are back **off** the list.

OR

Make a donation to the local food banks **via e-transfer** to [**envelope.secretary@emmanuelunited.ca**](mailto:envelope.secretary@emmanuelunited.ca) and indicate for food banks (in this case Rideau Rockcliffe Community Resource Center Food Bank) in the memo field.



CHRISTIAN DEVELOPMENT

The Nursery is available every Sunday.

Sunday School activities for children aged 3 to 14 take place during our Sunday church service.

Rainbow Hub is a monthly social group for LGBTQ2+ youth 12-18 years old from across the city. The next session will be on **Friday, November 7**. For more information, please contact Ellen Brohman. (ellenbrohman@gmail.com)

Preteen Evening – Saturday, Nov 29 4:30 to 8pm – Youth in Grade 6 and up are invited to come join in an evening of food, games, and other fun activities.

Our next **Let's Stay Together Sunday** will be **Nov 9**. Join us after the service for lunch, fellowship and activities. The after-lunch activities are still being confirmed – we'll put up posters with information as soon as we can.

Life 101 – a monthly gathering for young adults to come enjoy a meal and learn life skills together. The next Life 101 gathering will be held on **Sunday, Nov 2**. After lunch together, we'll practice changing tires on cars with leadership from Blake Lines and Ian Collins.

The CD team is offering a **Parent's Night out on Friday, Nov 28 from 5:30 to 8pm**. Parents can drop their children off at the church for a meal, games and crafts and use the time to do something for themselves. Contact Amelia Brohman for more information.



Emmanuel Holiday Bazaar Saturday November 15, 10am-2pm

This is a major fund-raising event for Emmanuel's general fund and we look forward to everyone being involved in big and small ways to make this event fun and successful!

Please consider volunteering to assist in various areas and/or working on Bazaar Day, Saturday November 15. Sign-up sheets will be in the Narthex in late October. You can contact Brenda Ashe: brendalashe@gmail.com or 613-806-2296 or talk to Brenda on Sunday, if you have any questions.

Your donations are so important to the 2025 Bazaar. Here are the various areas and special requests to consider when donating:

BAKING: All baking is welcome! Ginger, chocolate chip and oatmeal cookies sell well. Fudge, jams, jellies, preserves, small loaf cakes, muffins, cupcakes, squares and seasonal items are all appreciated. Cookies can be packaged by 6 or 12. Iced Cupcakes packaged in boxes to protect the icing, and muffins can be packaged by 2, 4 or 6 per package. **Again, all baking is welcome.**

BOOKS & CDs/DVDs: Young adult and children's books sell well. Mystery, biography, history, craft books are appreciated. Please no textbooks, encyclopaedias, Harlequin romance. CDs/DVDs should not be scratched or otherwise damaged.

CHRISTMAS DECOR: Good condition Christmas mugs, dishes, angels and Christmas ornaments and decorations. No electric lights.





INDOOR PLANTS & GARDEN: Potted indoor plants/cuttings, new pots, NEW Christmas wreaths, products made from the garden (body scrubs, potpourri). **No previously used garden items.**

KNITTING and SEWING: ONLY NEW knitted and sewn items please. The estimated cost of the item should be included with the donation. Toques, socks, mitts, baby items, kitchen towels, dish cloths and cloth wine bags are all appreciated.

JEWELRY and ACCESSORIES: Jewelry that does not require repair. Accessories can include gently used and cleaned scarves, ladies gloves, hair clips, belts, purses and jewelry storage boxes.

SCROUNGER'S PARADISE: Items in good condition and in working order, house wares, decorative items, linens, bowls etc. **NO** cracked or chipped dishes. Games, toys, sports equipment and puzzles with no missing pieces.

SHANTYMEN'S DELI: Homemade bread and rolls are needed to sell alongside the Deli items available at the table. Sign-up sheets will be available in October to support the expanded deli menu which will include chili, shepherd's pie, macaroni & cheese and more.

SILENT AUCTION: Can you provide tickets, a welcoming invitation, or a service to help others? A service can include making a dinner for pick-up or delivery, making a photo book, giving computer help. Also, unique treasures, good quality collectibles and children's items are popular. **Please no** large sets of dishes, no large furniture items or non-working electrical items. No clothing.

WOODWORKING: NEW Handmade wood items and wooden Christmas items. No furniture please.

PLEASE NOTE: We are able to receive your donations one week before the Bazaar. Please bring in baked goods on Friday, November 14!





EMMANUEL UNITED CHURCH

JUST GIFTS CHRISTMAS MARKET

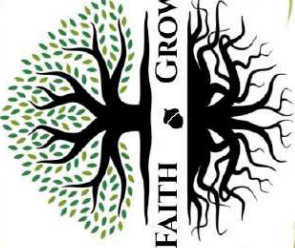
Fair trade & local food, handcrafts & gifts
Proceeds support Emmanuel's partners in
Zambia and El Salvador

Online Orders:
November 16-29, 2025
euonlinemarket.ca

Order pickup & in person market:
Saturday, December 6 10am-1pm
691 Smyth Road, K1G 1N7

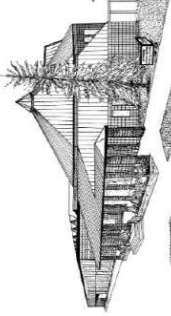


EMMANUEL UNITED CHURCH



ROOTED IN FAITH • GROWING IN SERVICE

STEWARDSHIP CAMPAIGN NOVEMBER 2-23, 2025



Our Annual Stewardship Campaign begins with Stewardship Sunday on Nov 2nd and will run through Nov 23rd. This year's theme, "Rooted in Faith, Growing in Service" emphasizes how Emmanuel's mission is grounded in spiritual growth and active service.

We are blessed at Emmanuel to have a congregation whose members exemplify these themes. We invite members to nurture their faith by volunteering in worship, education, and outreach. We have a vibrant church with many activities that are made possible only by the generous volunteering of our church congregation. Without your generous time and talent our church could not continue.

Our Stewardship Campaign is held once every year, in the fall. Please pick up your Stewardship package in the Narthex before or after Sunday Service during our Stewardship campaign and promptly return your pledge card. Through your generous monetary support of Emmanuel's General Fund, we will be able to achieve our financial and operational goals. When you consider your financial support of Emmanuel's General Fund for 2026, please respond generously. We ask that you increase your pledge by 2% over the last year, to allow us to maintain our Activities, Services, Ministerial Support, Building Maintenance, and Outreach.

GLOBAL PARTNERS

Online Thanksgiving Pie Market – As of the close of the Thanksgiving Pie Market a total of 302 large pies and 157 small pies were sold for a net total of approximately \$1,675 for each of our partners.

Just Gifts – An opportunity to buy locally sourced and fair trade goods (including more pies) in support of our global partners in El Salvador and Zambia. The online market will be open from November 16 -29. The in-person market and online order pick-up will be on December 6 between 10am – 1pm. If you would like to contribute jams, pickles, baking or crafts, keep Just Gifts in mind and contact Jim Lamb at jimlamb17@gmail.com or 613 797-2753.

Camp Chipembi - This year, another successful Camp Chipembi was held between August 12 – 16. Xavier Lamb, Angela Starchuk and Kael Fowler represented Emmanuel and Bells Corners churches as a part of the camp leadership team. Thanks once again for the t-shirt and lunch sponsorships.



HEALTH

TAKE TIME TO BE WHOLEY – Seniors' Exercise Programs **Drop-in Fee: \$7 per class (new rate)**

Chair Yoga – Mondays, 10:30–11:30 am

Chair Yoga offers a gentle and accessible way to improve flexibility, balance, and overall well-being. Suitable for all ages and fitness levels. No mat required.

Stretch & Strength – Fridays, 10:30–11:30 am

This program includes light exercises, both seated and standing, using free weights and exercise bands. Designed to help seniors stay active, stretch, and strengthen major muscle groups. All equipment is provided.

KEEPING IN TOUCH

Keeping in Touch with Young Adults

Our post-secondary student population continues to grow, with twenty packages being delivered this year. Thank you to everyone who shopped (for example, school supplies, dental supplies, food treats) as well as the generous homemade offerings of cookies, dishcloths and eco-friendly bags. Your stewardship contribution to the General Fund provides Keeping in Touch and other committees with a budget which makes possible this much appreciated outreach.

Bazaar Keeping in Touch

The bazaar is a meeting place for the community. Consider dropping off information, picking up a donation, giving a ride to someone, bringing a guest for lunch; all good ways to keep in touch.

Coffee and Conversation

KIT will be hosting on November 2nd. If you would like volunteer for Coffee and Conversation, we would be happy to partner with you that day or any first Sunday of the month and show you kitchen routines.

Members of the Committee are: Janet Campbell, Latisha Joseph, Phyllis MacRae, Hilde Reynolds, David Wray, Joyce White, Zawadi Zahinda. Information to share? Contact: Joyce at 613-324-8759 or welcoming@emmanuelunited.ca. **Our next meeting is Tuesday, November 4 at 7:00 P.M. on Zoom.**

PASTORAL CARE

THRIVING TOGETHER • FOSTERING SELF-ADVOCACY THROUGH MUTUAL SUPPORT

Together we Thrive

As a church family, we walk together through every season of life — in times of joy and in times of sorrow. Our faith reminds us that even in our deepest struggles, we are never alone, the light of Christ shines through the care, prayers, and presence of our community. As we approach Advent and the Christmas season, when hearts may feel heavy and memories tender, we come together to lift one another up in love, hope, and faith.

From Loss to Light Service ~ Sunday December 14th at 2 PM

This service is a time to remember our losses. There have been a lot this year, including death, illness, divorce, job loss and separation from loved ones for many reasons. It is also to hear words of support and hope. If you are having trouble finding peace this season, this time of prayer and reflection may provide the solace you are yearning for. We are not alone. God is with us!

Quantum Meditation for November:

The Threshold of Presence *About Quantum Meditations*

Quantum meditations are short reflections that draw on the language and imagination of modern physics to deepen our spiritual life. These aren't about science, but about wonder — how faith and mystery help us find meaning in everyday change.

November is a month of thresholds — a time when the visible world thins, when trees let go of what they no longer need, and the earth settles into rest. In the Christian calendar, it's a season of remembrance and quiet hope: All Saints, All Souls, and the slow approach of Advent.

Quantum physics reminds us that what disappears isn't really gone. Every particle continues in another form — energy changing, presence lasting in ways we can't always see. The universe itself is a web of relationships, where nothing is ever truly separate or lost.

John O'Donohue once wrote, “*The invisible embraces everything. It holds the night and the day, the dark and the light, sorrow and celebration.*” In this season of fading light, we can trust that what we

love is still held in that invisible embrace — that the mystery of life is bigger than what we see.

The saints, the departed, the ones we carry in our hearts — they remain part of us, part of the great circle of belonging. In quiet moments, we may even sense their nearness. Here, loss becomes love remembered, and endings open into something deeper and unseen.

Meditation Question:

When you think of someone you've loved and lost, how do you still feel their presence in your life? Let yourself pause there. Sit with that feeling, that trace of them that still lives in you. Notice what rises—warmth, ache, gratitude—and let it be what it is.

The Pastoral Care Team

If you ever find yourself in need of a listening ear — whether you're celebrating, grieving, wondering, or simply feeling the weight of the day — the Pastoral Care Team at Emmanuel is here for you. We're here to offer a gentle presence, a compassionate heart, and prayerful support, whatever the season you're in. To get in touch with the Pastoral Care Team, contact Ron MacDonald, Pastoral Care Provider at: pastoralcare@emmanuelunited.ca or contact the church at 613-733-0437.d

Pastoral Care Team: Rev. Grant Stuckless, Dr. Ron MacDonald, Malcolm Collins, Patricia Fairbairn, Terry Henderson, Jon Jones, Jill MacLean, and Joyce White (Keeping in Touch).

SOCIAL ACTION

Stamps For Good!

'Tis the season for exchanging greetings - and the stamp on mail you receive can be recycled for good! We collect used stamps and volunteers at the Ottawa chapter of OXFAM process them for sale to stamp collectors around the world. The proceeds are used for the relief work Oxfam does all over the world. So don't throw away your mail without saving the stamp! Drop them in the box in the narthex- and know you are spreading good news.

WORSHIP

November 2nd ~ Luke 19: 1-10

November 9th ~ Remembrance Sunday ~ Isaiah 2:1-4
Guest – Rev. Steve Moore

November 16th ~ Isaiah 65:17-25

November 23th ~ Altogether service

November 30th ~ First Sunday in Advent

Have you ever wished that you could pick the hymns for the Sunday service? Now is your chance. You are invited to let us know of a favourite hymn that we can include in the worship service. You would be prepared to tell us (briefly) why your chosen hymn has special meaning for you.

For those who are worshipping at home and unable to be here in person, you could send me your message for the lay reader to read for you.

If you would like to contribute to worship in this fashion, please contact Joan Foster-Jones and we will work your choice into an upcoming service. Don't be shy.

Notes:

Simplify Your Celebrations

We would like to thank
those who have made
contributions in the month of October 2025 to the
Emmanuel United Church as part of the
Simplify your Celebrations project.
Donations were received as follows:



In memory of Marg Kneen
by Elizabeth Sparling-Graham,
Patty Kavcic,
Betty Martin



Donations may be made by cheque
payable to “Emmanuel United Church”,
e-transfer to envelope.secretary@emmanuelunited.ca
or through the CanadaHelps.org “Donate Now” button
on our website at www.emmanuelunited.ca

Simplify Your Celebrations

FORM TO ACCOMPANY DONATION

Donation to:
Emmanuel United Church
691 Smyth Road, Ottawa ON K1G 1N7

General Fund ☐ Capital Fund ☐

From: (Name) _____

(Address) _____

In recognition of:

*Please provide a statement that could go into the next monthly packet,
along the lines of those on the previous page.*

If you do not wish for this to be published, please check here _____

Please send acknowledgment to:

If you wish this to be an anonymous donation, please check here _____

Amount: \$ _____

Thank You